

WHAT IS CLAIMED IS:

1. An exercise apparatus comprising:  
a base having a plurality of projections extending upward from the base; and  
at least one removable overlay having a thickness and apertures corresponding to the plurality of projections.
2. The exercise apparatus according to claim 1, wherein at least two of the plurality of projections have different heights.
3. The exercise apparatus according to claim 1, wherein at least two of the plurality of projections have a different modulus of elasticity.
4. The exercise apparatus according to claim 1, wherein there are at least two removable overlays having different respective thicknesses.
5. The exercise apparatus according to claim 4, wherein there are three removable overlays having different respective thicknesses.
6. The exercise apparatus according to claim 5, wherein the respective thicknesses of the three removable overlays are 1/4 inch, 1/2 inch and 1 inch.
7. The exercise apparatus according to claim 1, wherein the plurality of projections are randomly spaced.
8. The exercise apparatus according to claim 1, further comprising a surface treatment covering at least one of the base and the plurality of projections.
9. A belt kit for a treadmill, the belt kit comprising:  
at least two belts dimensioned for use on the treadmill, the at least two belts each comprising a base having a plurality of projections extending upward from the base,

wherein the at least two belts are different from each other in at least one of a size of the plurality of projections and a surface treatment.

10. The belt kit according to claim 9, wherein at least two of the plurality of projections on one of the at least two belts have different heights.

11. The belt kit according to claim 9, wherein at least two of the plurality of projections on one of the at least two belts have a different modulus of elasticity.

12. The belt kit according to claim 9, wherein the plurality of projections of one of the at least two belts are different in height than the plurality of projections of a second of the at least two belts.

13. The belt kit according to claim 9, wherein the plurality of projections of one of the at least two belts has a different modulus of elasticity than the plurality of projections of a second of the at least two belts.

14. An exercise system comprising:

at least two exercise mats, the at least two exercise mats each comprising a base having a plurality of projections extending upward from the base, and

wherein the at least two exercise mats are different from each other in at least one of a size of the plurality of projections and a surface treatment.

15. The exercise system according to claim 14, wherein at least two of the plurality of projections on one of the at least two exercise mats have different heights.

16. The exercise system according to claim 14, wherein at least two of the plurality of projections on one of the at least two exercise mats have a different modulus of elasticity.

17. The exercise system according to claim 14, wherein the plurality of projections of one of the at least two exercise mats are different in height than the plurality of projections of a second of the at least two exercise mats.

18. The exercise system according to claim 14, wherein the plurality of projections of one of the at least two exercise mats has a different modulus of elasticity than the plurality of projections of a second of the at least two exercise mats.